



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19000, SCHIFF,TIGER'S MILK BAR

Report Date: June 26, 2017 15:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	10.28	--	--
Energy	kcal	422	--	--
Energy	kJ	1764	--	--
Protein	g	16.80	--	--
Total lipid (fat)	g	14.29	--	--
Ash	g	2.17	--	--
Carbohydrate, by difference	g	56.46	--	--
Fiber, total dietary	g	2.3	--	--
Sugars, total	g	36.40	--	--
Starch	g	0.53	--	--
Minerals				
Calcium, Ca	mg	429	--	--
Iron, Fe	mg	10.28	--	--
Magnesium, Mg	mg	336	--	--
Phosphorus, P	mg	560	--	--
Potassium, K	mg	294	--	--
Sodium, Na	mg	168	--	--
Zinc, Zn	mg	1.44	--	--
Copper, Cu	mg	0.269	--	--
Manganese, Mn	mg	0.944	--	--
Selenium, Se	µg	5.9	--	--
Fluoride, F	µg	0.4	--	--
Vitamins				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin C, total ascorbic acid	mg	16.8	--	--
Thiamin	mg	1.470	--	--
Riboflavin	mg	0.319	--	--
Niacin	mg	4.039	--	--
Pantothenic acid	mg	4.200	--	--
Vitamin B-6	mg	1.680	--	--
Folate, total	µg	55	--	--
Folic acid	µg	0	--	--
Folate, food	µg	55	--	--
Folate, DFE	µg	55	--	--
Choline, total	mg	42.3	--	--
Betaine	mg	0.2	--	--
Vitamin B-12	µg	4.20	--	--
Vitamin B-12, added	µg	4.20	--	--
Vitamin A, RAE	µg	1	--	--
Retinol	µg	1	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	3	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol)	mg	2.48	--	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta	mg	0.08	--	--
Tocopherol, gamma	mg	2.88	--	--
Tocopherol, delta	mg	0.17	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D3 (cholecalciferol)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Vitamin K (phylloquinone)	µg	4.6	--	--
Lipids				
Fatty acids, total saturated	g	2.073	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
4:0	g	0.006	--	--
6:0	g	0.001	--	--
8:0	g	0.001	--	--
10:0	g	0.002	--	--
12:0	g	0.002	--	--
14:0	g	0.016	--	--
15:0	g	0.001	--	--
16:0	g	1.039	--	--
17:0	g	0.007	--	--
18:0	g	0.471	--	--
20:0	g	0.148	--	--
22:0	g	0.272	--	--
24:0	g	0.108	--	--
Fatty acids, total monounsaturated	g	7.907	--	--
14:1	g	0.000	--	--
15:1	g	0.000	--	--
16:1 undifferentiated	g	0.022	--	--
17:1	g	0.004	--	--
18:1 undifferentiated	g	7.704	--	--
20:1	g	0.170	--	--
22:1 undifferentiated	g	0.007	--	--
24:1 c	g	0.000	--	--
Fatty acids, total polyunsaturated	g	3.678	--	--
18:2 undifferentiated	g	3.075	--	--
18:3 undifferentiated	g	0.599	--	--
18:4	g	0.000	--	--
20:2 n-6 c,c	g	0.001	--	--
20:3 undifferentiated	g	0.001	--	--
20:4 undifferentiated	g	0.003	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:4	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Fatty acids, total trans	g	0.036	--	--
Cholesterol	mg	2	--	--
Stigmasterol	mg	0	--	--
Campesterol	mg	15	--	--
Beta-sitosterol	mg	27	--	--
Amino Acids				
Aspartic acid	g	1.621	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--